

TDS Amy Christophers

[00:00:00] **Samantha Baines:** Hello, TDS gang. This episode is with Amy Christophers who you might know from the show Married at First Sight UK. She was also on the Bachelor, in the U S. I've known Amy actually for quite a long time before she did Married at First Sight. So it was great to catch up about all things to do with the programme. Did you know, they don't actually get legally married in the UK version? So she didn't actually legally get divorced, but for all intents and purposes, she was married and wore a wedding dress and married a man she'd only just met. So it was really fun to talk about that. Also her spiritual side, wait until that comes out some ghostly goings on and being blocked by your ex on Instagram. Just to let you know, I caught Amy on the go. So we had a chat on her phone. So the audio isn't quite up to the usual TDS podcast [00:01:00] standards, but I think it was an interesting chat, nonetheless. So bear with it.

[00:01:11] I am joined by sports presenter, Amy Christopher's. Hello!

[00:01:17] **Amy Christophers:** Hello!

[00:01:18] **Samantha Baines:** Thank you so much for coming on. How do you feel about being on The Divorce Social?

[00:01:23] **Amy Christophers:** I definitely feel like a fraud because I'm not actually divorced. I've never even got married!

[00:01:30] **Samantha Baines:** Yeah, because this is a weird one because you were on a programme where you get married. That's the premise of the show, for anyone who hasn't seen it. Do you want to explain it for them?

[00:01:41] **Amy Christophers:** Yeah, Married at First Sight, what you see is what you get! Litteraly! At the end of the aisle, that is what you get. So it's two strangers supposedly unlucky in love. So then you have, experts . match you to what they think is your perfect match through science, through biology, all these different tests. And then you [00:02:00] essentially, meet them and marry them at first site. And that is what happened

[00:02:04] **Samantha Baines:** What is it about marriage that drew you? Because that's quite a big commitment. As soon as you see a person, you have to marry them. You don't officially get married though, do you? You have the ceremony.

[00:02:16] **Amy Christophers:** Yeah, so I was actually really disappointed when I found out it wasn't a real marriage. Because I was like, 'No but wait, this was how I find my person. And then they can't ever leave me because they are married to me!' Don't let them escape!

[00:02:31] Because to me the biggest thing is commitment. I just find that so sexy and I used to be that girl on the date. That'd be like, 'So are we boyfriend and girlfriend now?'. Oh my God. I pity the person that I was, because I just used to want the commitment so fast. I don't even know anything about this person, and I want them to say that they want to be my boyfriend, this, that and the other, and then I get to know them after I could be a very intense person. I would like to say that I've learned a lot of lessons and I now I'm quite blasée I'm like, 'oh, whatever!', but, [00:03:00] you know, it's taken me a long time to learn those lessons. And I used to definitely rush things at first. And then we have a mutual friend, Gina, who's my best friend. And she was like, 'Oh my God, this is literally your perfect thing! They have to commit to you first. And then you get to know each other.' And I was like, 'Yes!' Because I'm such a better person when I know it's going somewhere. If I meet you and you're into me and whatever, then I can relax and then the fun comes out. But back in the day I used to be, I wasn't sure of myself. I was insecure I didn't, I didn't know what I wanted. And I just wanted somebody to want me and validate me. Whereas now I'm like, 'I don't give a shit I can validate myself.' So yeah. I don't know I just thought, 'Whoa!' You know, it's been lockdown. I moved back to Cornwall I couldn't really date anybody back in Cornwall because you know, I've got a big old family and I'm probably related to them all so I was like, 'No, no I need to date out of the county', so yeah, there wasn't really much for the [00:04:00] picking there, and then Gina said, 'Well why don't you apply for Married at First sight?' Because I was saying to her, 'Isn't there something where like, you can just marry somebody and I don't have to go through the whole dating thing?' Because, oh my God being single again in the dating pond, I can't it's too much. I went back onto hinge last night and I deleted it within an hour. I was like, 'This is too much!' I can't cope, no.

[00:04:21] **Samantha Baines:** A lot of people can relate to that of like, I've done that with dating apps. You're like talk to a couple of people. And then early doors, they say, like, I've put on my Instagram I said, 'hello' to a man. And he was like, 'Hello, I'm really into ass. Like ass play.' And I was like, 'You haven't even said, like, how are you?' Yeah. Like you just got straight in. And then I deleted the app because I'm like this is too much to, to just navigate. But what is it about the idea of marriage? Before you went onto the show did you have a kind of idealised view of marriage? Had you always wanted to get married?

[00:04:58] **Amy Christophers:** Yeah, I [00:05:00] think like naturally for, I don't want to speak for the whole female population. But for me growing up, I have imagined, I definitely used to jump off the sofa pretending I was a bride with the sheets on my head and things like that so yeah, I definitely had everything planned out how I wanted the wedding and then when I actually did get engaged, my view of marriage, and a wedding and everything actually completely changed. And I was like, 'Do you know what? I actually want a really small intimate thing'. And I just wanted it to be really cool in a bond. Very rustic, bring your own bowl vibes, shove it in a in a wheelbarrow.

[00:05:37] Do you know what I mean? I just, I just wanted it to be like, 'Take a seat and relax.' So actually take it back to my roots, take it back to Cornwall by a beach. That would just be perfect. Yeah. So I don't know. I always still wanted the wedding. I just really wanted to have the dress, I think. And now I've done that and I've worn the dress. I don't know if I need to do it again. I've [00:06:00] scratched that itch and I'm ok with it now you know?

[00:06:02] **Samantha Baines:** It's funny because in, you know, you said at the beginning that you're not divorced, but I could definitely relate to that of like, I had this big plan of like a big white wedding and I did it and I wore the dress and now I'm like, 'I've done that now'. Now I can just have a nice time and hopefully find love for a long, long term, but you were talking about getting engaged there. So that was a relationship before the TV show. And obviously that engagement was broken off. Do you think, in some ways you wanted to go onto Married at First Sight because you wanted to kind of finish that thing that you'd got halfway through?

[00:06:39] **Amy Christophers:** Yeah, definitely. And then, cause when they were saying like, 'oh, what kind of wedding do you want?' And stuff. So I basically was just explaining to them, you know, I had this wedding planned, it was going to be in a barn there was also going to be another second wedding party In Portugal on the beach and yeah, just trying to combine those things. And I was like, I want loads of pampas grass, basically [00:07:00] describing everything that I wanted for my wedding, obviously, then I didn't get any of that. And it actually ended up being like a really posh do at Harry VIII's old hunting grounds, which actually would have been my perfect wedding because I'm obsessed with Henry VIII. It's just funny how things work out. But now like you say, you know, we've kind of done that thing. And obviously like you actually did really get married. You knew that person before marrying them and you chose that and everything. So for me, I just feel like it's really odd because obviously I've had this wedding experience. It wasn't a real wedding. I didn't know that person, so it wasn't both of our tastes involved in that wedding. And I was like, so actually when I do go and do it for real, I kind of feel sorry for like,

if I do get married and the person that I'm going to marry is for real, because they're going to be like, oh, you've kind of already done it and I'm not going to be as enthusiastic.

[00:07:56] And they'll probably just be like, should we just do a registry office? I'll just wear a white suit. Let's [00:08:00] just get this thing over and done with,

[00:08:01] **Samantha Baines:** I think a lot of divorced people will be able to relate to that though, because once you've done it, once you've sort of got the grand thing out of your system, if you had to in your system, in the first place. And then actually I think it's less pressure on the day of the wedding. So hopefully for our, both of our next weddings, we'll be getting married for the right reasons. And it won't just be about the day. It will be about the marriage yeah.

[00:08:31] **Amy Christophers:** Yeah, because I think definitely even with the engagement the first time, sometimes I sit back and think, wow. And I actually realise, 'Wow, I actually got so much more carried away with like having the wedding than actually who I was marrying. And isn't that crazy? And then the whole, like 'Marry a stranger' stranger, doing the whole Grand Fiesta. I'm going to wear the 'blingiest' dress and do all of this. So yeah, maybe when I actually do find the one it will work, because I've already got all of that [00:09:00] crap out of my system

[00:09:01] **Samantha Baines:** I mean, I have to pick up on something first that you mentioned in passing. Why are you obsessed with Henry VIII? Is it because he had so many wives?

[00:09:10] **Amy Christophers:** Well, yeah, maybe, maybe I'm Henry VIII reincarnated

[00:09:23] **Samantha Baines:** When did you first discover Anne Boleyn? Why, why do you love her? So, when I was at school, I was obsessed with dolphins, not quite the same, but I had like a dolphin folder because I just got really obsessed with them. Was it like a school thing when you discovered Anne Boleyn?

[00:09:38] **Amy Christophers:** I had an imaginary brother. I had an imaginary brother called Edward and he was a Tudor kid

[00:09:47] Like, and now, you know, thinking about it, I'm like, wow, he was a ghost. Okay. That's fine. He was my best mate. And he was my ghost and he

justused to tell me all these things that used to go on and whatever. And then I'd go and ask my mom and dad. And they said, [00:10:00] okay. And then I remember when we went to school and we started learning about The War of The Roses and things. And then I was like, 'But you haven't spoken about Margaret Beaufort!' Now Margaret Beaufort, never ever ever as far as I'm aware, ever gets mentioned in primary school. So they like said to my parents , 'Have you been teaching her about Margaret Beaufort?', bear in mind, this is Cornwall, internet's not even hit Cornwall yet. So there's no way that I would know any of this and now, I don't know. And he just told me about Margaret and then just told me about, Anne and then I just got fully obsessed about it and when I go to certain places, I can like feel energy and then I can like see things playing out. It's really weird It's not weird for me, cause I'm used to it now and I love it. I guess it freaks some people out, but I really love that.

[00:10:47] **Samantha Baines:** So you had like a Casper, the friendly ghost, but Edward, the friendly ghost who is your brother. That's amazing.

[00:10:54] **Amy Christophers:** I know it sounds really, it sounds really, really weird, but yeah. And also the weirder thing is that [00:11:00] growing up, you know, when you're old enough to understand things. So I think I was just having like a general conversation with mom and dad one day and I said, 'Oh, if I was a boy, what would you have called me?' And they were like 'Edward'. And I was like, ' Oh my God, this is going to be even weirder. I was going to be called Edward!'. And that's the name of my imaginary brother.

[00:11:18] **Samantha Baines:** When did you stop seeing Edward? Do you still see Edward any time as an adult?

[00:11:23] **Amy Christophers:** No It totally ghosted me now how rude.

[00:11:30] **Samantha Baines:** So that's interesting, cause I'm a bit of a woo woo person as we call it and like all the energy stuff. So, and you say, when you go to certain places, you feel energies and see things playing out. Do you get that with people? And you get that with dating?

[00:11:44] **Amy Christophers:** Yeah, I definitely got like good vibes and bad vibes but I can also I can kind of see see like, is there a future, isn't there a future?

[00:11:52] Sometimes I try and talk myself out of it, but deep down, I just always need to trust my intuition. Cause it's never off, never

[00:11:59] **Samantha Baines:** it's funny, isn't it? [00:12:00] Because some people would say that they don't believe in kind of spiritual stuffs, but they still get a feeling about people, you know, when you meet someone and you're just like, 'Oh my God, it's like, we've been friends forever. 'Like we just are on the same wavelength. That to me is all that kind of energy stuff. And I've definitely been, I've definitely been there before where I'm like, ' Oh, this isn't good energy, but actually, no, maybe they're fine. And I'm just imagining it. And then you're right. Always trust your gut. It's always listening. So going back into the marriage thing and Married at First Sight. I mean, what was it like on that day? So you've dreamt of like having this big wedding, but then maybe in a barn, but then you get this kind of posh day, you're in a nice dress and you're gonna meet this guy that you're gonna get married to for all intensive purposes. It's like, it must've felt like you were getting married

[00:12:53] **Amy Christophers:** Oh, to me a hundred percent. And like, it was so scary. And like , I was so [00:13:00] calm all the way through the whole, from applying during all of my tests, doing all of the zoom meetings and everything. So it was a long, long process and they are not just like, 'Oh yeah, we can find you a man. No worries!' especially, because I am super fussy, they would like, oh, send us photos and stuff. And then you have to show them pictures of your exes and stuff. And then they're like, ' Yeah, you really don't have a type do you?'

[00:13:25] **Samantha Baines:** What do you like Facebook stalk your exes with the experts of the show?

[00:13:30] **Amy Christophers:** Yeah, kind of, and then they were like , 'We need to speak to one of your exes. And I was thinking, oh my God, I was like, there's only one ex that I trust to speak to them. And that was that I dated years ago. And I still chat to him now only on a friendly basis and I can see little similarities between him and Josh actually. So I was like, 'Maybe I should have said somebody else

[00:13:52] **Samantha Baines:** For anybody who hasn't seen the show. Josh is the guy that you married in the show. Do you want to describe him [00:14:00] for us?

[00:14:15] So you saw this fit guy coming down. Well, you were coming down the aisle but you saw this fit guy out on your wedding day in your wedding dress, were you like, 'Oh my God. Yes, this is it. Let's go'?

[00:14:27] **Amy Christophers:** No I got to the end of the aisle and and I thought I was just marrying my ex and I was like, 'Mmm this just really reminds me of my ex, the one that I was engaged to. And I just thought, 'Oh, he seems a bit square.' And I was like, what do you do? And he's like, ' Oh, I sell insurance'. 'I was like, oh my god!' And then, uh, I was like, ' Oh, what are you wearing?' And he's like crazy. And I was like, oh, okay. That's more my vibe. And then his, and then his boys spoke and I was like, ah, this is fine. Like, we're going to get on. I said, 'Do you like football?' This is when we're doing our photoshoot And then he's like, 'Oh no, do you know [00:15:00] what? I'm not really into football.'

[00:15:01] And then he was like, 'Oh I play rugby.', And I was like, 'Oh thank God okay. Okay. I can get on board with this.' And yeah. Then like more and more we spoke the more we had in common. And then I was like, so [unintelligible]. You have to choose one football team, who's it going to be? And he was like, 'Oh it would probably be Chelsea my local one'. And I was like, 'Yeah! Go Chelsea!' This will be amazing.. And then I'm already planning our whole life. This was my day.

[00:15:30] **Samantha Baines:** How was it having a relationship with cameras there? Like, where they really there, all the time. And do you feel like they got in the way?

[00:15:39] **Amy Christophers:** Yeah. I mean, definitely they got in a way at some point I was like, 'You literally have to get out now!', especially like on honeymoon and stuff. That's when we were just getting to know each other, you know, you starting to get sexual with each other and stuff and it's like, 'Oh, God, do we really have to film again?'. We were just getting into like a juicy conversation where, you know, it was [00:16:00] difficult at times obviously because they're trying to get different stories out of couples and stuff, and they don't want every couple to play in saving. And I think that they knew putting me and Josh together that yeah, we'd probably not see eye to eye on a lot of things. For starters When I went into the process, I was like, I just want someone that wants to commit to me straight away and will fall in love with me in a week.. And then they gave me Josh who takes more than a year to fall in love. So it's like, obviously they knew what they were doing with that one. But, you know, we did actually learn lessons from each other. He learnt to be a bit more open and a bit more forthcoming in and I learned to slow the fuck down and, to the point now that I've slowed the fuck down, that I can't even be bothered to like somebody on hinge I'm like, 'Oh God!'

[00:16:43] Yeah. It's like the opposite affected me. I just don't feel like I'm ever going to be in love again.

[00:16:49] **Samantha Baines:** You've slowed to a standstill.

[00:16:54] **Amy Christophers:** Litterally

[00:16:54] **Samantha Baines:** It's the ad break. So it's a perfect time to remind you to [00:17:00] hit subscribe, to be notified about more episodes. You can also leave us a lovely review because honestly it makes a difference to the chart positions. And one time I was in the charts next to Michelle Obama. No, it was really thrilled about it. So it'd be nice to do that again. Uh, you can also join in the conversation on social media. We're on Twitter and Instagram at divorce pod. We have a website, the divorce, social.com, and you can also join us for our like 90 style divorced chat room experience over on Patrion. So just go to Patrion dot. Forward slash Samantha Baines, B a I N E S. And it starts at two pounds a month and we all have lovely and awful and amazing chats. See you there.

[00:17:48] So obviously the relationship was a bit rocky, but then at the end of the programme for anyone, obviously hasn't seen it. You have to decide whether to stay together or not. And you guys decided to stay [00:18:00] together, which shocked quite a lot of viewers, but then obviously you broke up afterwards

[00:18:06] **Amy Christophers:** I mean, we were just getting to know each other and just pushing each other's boundaries, seeing like how far we could cross each other and stuff. I feel like that's what a majority of people do and I have a lot of messages being like, 'Oh my God, you and Josh are just exactly like my whole family . We've been together for like 10 years, and we still argue like kids at times. But, you know, that's just how it is and that's our relationship'. And it's like, okay, maybe that was just me and Josh. I don't know. It seems to me that that's the norm. And that actually having little tiffs is quite healthy because we were just like, 'Oh yeah, you piss me off! Yeah well you piss me off too '. And we just like, have it out, give each other like 10 minutes breather space.

[00:18:46] And then one of us would come poke the other one would start laughing. or like, you take over a cup of coffee, this, whatever it is. And then you just, it just be like, 'Yeah, I'm still pissed off. Yeah. Well I'm still pissed off with you'. And then we just sit there, [00:19:00] like eye fucking each other and then just laugh our heads off. And then we would be like, 'Shall we make up then? Yeah alright then'. But actually most of the time we were fine and we're like laughing and joking and stuff. But then two weeks before the end, I started to like panic. And I, I started to withdraw a bit from Josh because I just thought it's all well and good being here now because you can't leave your in this experiment. You can't just leave if you want to . But when we're out in the real world and we don't have producers with us, we're not, I don't want to say locked

up in appartments because we're not in prison, but you know what I mean? So yeah, you have to have somebody that would be like, if you were leaving and also, cause it was like COVID times and stuff, you can't just go out willy nilly walking around.

[00:19:43] So we were very much aware that, that you can't really go anywhere. Obviously out of the experiment then. It's a little bit different. You haven't got those restrictions. So I was just like when it's out in the real world [00:20:00] [unintelligible] he's just going to go back to his own life and like, be like, 'Well, that was a cool experience, but it's over now. And yeah. Unfortunately my worst fears they've come true. I don't know. . I was like, 'Don't think about this, don't think about this'.. You're going to manifest it just be cool. I, like I wasn't, I don't know. I, it was just tough because I then after the experiment, stayed in London. So I didn't go home to see my family straight away. I was like, 'Let me stay up here, because like, I want to spend time with him'. It was kinda . Like, oh, we were just spending all this time together. So it was like, 'Okay. Yeah, go and see your mates that's fine.' And then let's go and do some something toghether. So we did that and then it, it just went from like, 'Oh, I've seen loads of you'. So then like, 'Oh, well I've only known you for this amount of time, now, it's been like this amount of time that I haven't seen you.' So if you put that into perspective of how much time I spent with you. And I'm like, I made my petition, like basically, do you want to see me or not? Do you know what I mean? I'm like, let's not be Albert Einstein here. [00:21:00] You know, I'm trying to put myself out and make this work and I just didn't feel like I was getting the same back. And then the only time that we hadn't seen each other was like, I went home to Cornwall for 10 days to like unpack and repack. Then I had to come back up to London. So then during the Euros like he knew he knew all of that, and I was just like, I was just thinking, 'We spent all this time together, it's a very intense process, if you can't spend two weeks away from me, like maybe even a month away from me after doing that, then like it's not really going to work'. And I just think, you know, Mark and Dan they were doing the whole long distance thing as well, so mine wasn't even long distance. Like I was in London. I could have seen you, it was like a half an hour away, but whatever. And I was like, 'Just be truthful!'. You saw it as a challenge. You've done that now. And that's it.

[00:21:52] **Samantha Baines:** So you did break up, what was it like breaking up in the public eye?, Because the show then [00:22:00] started airing. Was that after you've broken up?

[00:22:03] **Amy Christophers:** Yes, it was tough. And we actually broke up on the day of the press day when we were filming the advert, so the bit where I'm going, 'Lack of effort!' And I'm obviously like, and I've been out the night

before that I had like an hour sleep, I turned up to do the advert. I 'm normally very professional, by the way, this wasn't a job for me. Like this was my life. And I was like, 'Fuck! My relationship has shambled and fucking falling apart. He doesn't even want to see me.' And I invited him to the hotel the night before and stuff and I was just like 'Oh, that is not good.'

[00:22:38] Then I was just like, , 'Do you know what? I'm just going to go out.' And then I'm like filming the advert .He didn't wait for me. We already had stuff planned. And then, yeah. [unintelligible] we ended up, well, I ended up going there and then I got in there, I found him and I was just like, 'What is happening? I was going to come to meet you for lunch.' This that and the other. And then we just had that [00:23:00] conversation to end it. And he was just like, 'Well, it isn't working, is it? So what's the point?' And also I couldn't, I couldn't tell any of the other cast. either. Because we haven't filmed the reunion yet. So I told a couple of production and then they're like, 'Don't tell anybody else in the cast like we want it to be really organic when you tell them that you 've broken up.' And like all of this stuff. So I had to like, wait, like another month or something. And then when the show was on me and Josh then started chatting again,, and it was really nice. And it was just, we were laughing and joking, like we used to , and then I was like, 'Oh no!', Like a little bit I've let my guard down and then I was like, 'Maybe we'll work it out!'. And then we didn't. Um, as soon as the reunion had aired, it was just like I was over again and I'm still blocked on Instagram

[00:23:49] **Samantha Baines:** What? he's blocked you on Instagram?.

[00:23:51] **Amy Christophers:** Yeah.

[00:23:52] **Samantha Baines:** How did that feel when you, were you know, chatting again? It felt all nice. And then for him to block you on Instagram?

[00:23:59] **Amy Christophers:** [00:24:00] It felt shit and it still does feel shit, but I'm just like, it's just one of those ones, isn't it?

[00:24:04] You've just got to learn that, I'm not going to get my closure. I didn't get my closure on the reunion. That made me feel even more confused

[00:24:11] **Samantha Baines:** So now that's sort of done and the programme came out and the reunion is done. You said you learned a couple of things from the relationship. Have you learned anything about the experience and you as a person and anything you'll take forward in your life or in relationships?

[00:24:31] **Amy Christophers:** Definitely that I've like I was a very reactive person. I would act out of a place of fear and like, worry. So now I definitely just try and like reign things in and think, 'Is this coming from a place of worry and fear? Okay. Yes, it is. So should I react in this way or shall I think rationally about this? Okay. So should we sleep on it and maybe see how we think tomorrow about it? Okay. Yeah, let's do that!' in [00:25:00] that way a little bit.

[00:25:00] **Samantha Baines:** I think I learned that as well for my marriage of like, yeah, I'd be like, 'I'm angry now. So we're going to talk about it now and now I'm like, no, no, take a deep breath, go make a cup of tea and come back.' So we're both better people from our marriages.

[00:25:17] **Amy Christophers:** But, yeah, it's just I went into it thinking it as a marriage rather than a TV show.

[00:25:22] And it's like, if I could do it all over again, I would have put less pressure on myself. Cause I definitely put too much pressure on it. Because I was like, my own goal was making this relationship work and like for it to become like a real wedding like I, I wanted to be engaged to that person, you know, a year on or whatever, and then start thinking about starting a family and stuff, but that's why I went into that. Have I had known, oh, actually it was more about being entertaining and this and that maybe I would have relaxed a bit more, but for me it was high [00:26:00] stakes.

[00:26:02] **Samantha Baines:** It's your life

[00:26:03] **Amy Christophers:** Um, you know, yeah. It's my life when I'm not getting any younger. So yeah, I've definitely went in with too much pressure on myself, which then I projected onto Josh and really pressured him as well. Which neither one of us really do well, like being pressured and like pushed into a corner and both me and just really hate authority. So like when production was telling us to do something we were like, 'We don't want to do that.' and we were like, just closed down. So then they're like, 'Well, you know, the, the only footage that we've got with you is like taking your mics off and walking off in a stress. So what are we going to do with that?' So it's like half of the time I wasn't even stressed at Josh. I was stressed for the process. And then that's all they've got because I'm then like being like, 'I'm not doing that'. So yeah. Unfortunately that's all they could choose and I was just looking like a stropky man all the time, [00:27:00] and I'm like I'm actually such a fun person. But yeah, I don't do well under pressure.

[00:27:05] **Samantha Baines:** I have to say, I've never seen you , because we know each other before the programme, I've never seen you be stroppy before. So that's my experience.

[00:27:14] **Amy Christophers:** I'm always like, I'm like the fun

[00:27:17] **Samantha Baines:** And because you know, those production moments sound quite stressful. Have they given you any support since the programme? Have they looked after you in any way?.

[00:27:30] **Amy Christophers:** After filming we had the therapists and psychologists, all of that sort of stuff.

[00:27:35] **Samantha Baines:** And what's that for a long time or was it just?

[00:27:38] **Amy Christophers:** Yeah, while it was airing and stuff. And then I think like a week after, but for me, it's like, it's fine when you're on, like, you don't need to speak to somebody when you're on that wavelenght When you've got everybody messaging you. Like when you need that stuff is when you're on the low. Now you see the new adverts [00:28:00] of Marriage at First Sight and it's like, I don't know how I'm going to feel like right now, I'm like, wow, these people going on the next series, now. They're feeling how I was feeling last year. They're excited. They're nervous, there's all of this. In a way. I'm like reliving it and I'm going to be reliving it through them. And I don't even know if I could watch the next series. Cause I just feel like I'm going to be so triggered.

[00:28:19] **Samantha Baines:** It's interesting because I felt like I couldn't watch, cause obviously I knew you and I wanted to watch you in the show, but I felt like I was a bit triggered from my marriage on divorce. And I don't know if I wanted to watch someone else go through it. And I wasn't even in the show I just, you know, it was in my life. So I can't imagine what it's going to be like for you to have, watch other people do exactly what you did. Do you have any advice for anyone who is going into the next series?

[00:28:48] **Amy Christophers:** Just like have the wits about you .If you don't say it on camera, it [00:29:00] can't be used

[00:29:00] Just, yeah, respond don't be reactive.

[00:29:02] **Samantha Baines:** Um, obviously there's been a lot in the news generally about reality TV shows. I'm not talking particularly about the one you are in, but generally about reality TV shows and that kind of care that they

should provide their contestants after the show. Do you think that that's something.

[00:29:21] That still needs to be explored and maybe the care needs to go on for longer rather than just immediately after?

[00:29:28] **Amy Christophers:** I think it's definitely a conversation that should be happening, a hundred percent. I know that, they are making massive effort and, I didn't even think that we would get that much. as we did

[00:29:42] Cause when I did the Bachelor we didn't get any of that. So I definitely, since then, things have moved on. And I was actually very impressed with the level of care that they gave us afterwards. Like we'd have two people phoning us every day and it was like, 'Yeah yeah I'm fine I'm [00:30:00] just doing this, doing that, bla bla bla'. So that was nice. But then obviously I understand that, you know, there's only a certain amount of time that they can do it. But I feel like, you know, maybe we still could have like a weekly chat with a therapist or something. Someone that we can call and be like, 'Oh yeah, I'm feeling a bit crappy today. Can I have a chat with somebody?'

[00:30:23] Especially when they are going to be promoting all the new people and stuff. I feel like that they should involve us because at the end of the day, I can kind of relate to somebody from Love Island and like the experience that they've had. But it's not the same experience that I've had. The people going on Married at First Sight now they're literally going through exactly what we went through. That's why I'm so tight with some cast members and well, pretty much all of them, because that's something that none can ever take away from us. That was, that was our journey

[00:30:55] **Samantha Baines:** And also that's going to be a big part of your life, like forever, because it was for all intensive [00:31:00] purposes, a wedding. It might not have legally been a marriage, but you had to weddings.

[00:31:04] So you're going to remember that forever.

[00:31:05] **Amy Christophers:** Exactly. And it did take up like a year of my life and then obviously finish it you come out of the experiment, I've then broken up with Josh. Nobody even knows that I had a boyfriend let alone a husband and all of that. So we will have to keep it really on the wrap side if we worked out or if we didn't and all of that sort of stuff. So that was really tricky as well. And what a fucking headfuck that was, by the way, like having to just mask all of that. I could have been like, . I was crying out in toilets, you know

when you're just like, 'Oh I feel so shit about this job!' And you can't even just cry about it. And you can't even tell anybody

[00:31:39] **Samantha Baines:** because you want your friends around you for a breakup and you want to like talk it through and cry. and eat stuff.

[00:31:45] **Amy Christophers:** Exactly. So yeah I just had to go around to friends houses, for like chineses and just cry onto pillows, but it's fine I'm over it now. And then yeah, when the show came out, then I put my ring back on because I was like, well, I [00:32:00] know we didn't work out, but like, I don't want the public to know that, like, I want them to still be invested in mine and Josh's relationship because I know that we, we made it to the end, you know, so it's like, oh, I want to give them some kind of hope that was even more of a headbutt because then you'd have people be like, 'You and Josh are my favourite couple!' And then you're like, 'Yeah, I know!' It was a lot!.

[00:32:19] **Samantha Baines:** I want to talk about the ring. Because we talk about rings quite a lot on this podcast, because what do you do with your ring?

[00:32:28] **Amy Christophers:** Uh kinky!

[00:32:29] **Samantha Baines:** Because I have a lot of spicy curries and it burns, no. Your engagement ring because what do you do with it afterwards? And I can't imagine having to put mine back on. And wear it, like you said you did, because you had to keep the public in the dark.

[00:32:48] **Amy Christophers:** I mean, to be fair, me and Josh hardly wore ours on the show, anyway. Our producers would always be like, 'Where's your readings guys?' 'Put them back. on!', And we'd be like, 'Oh I fake tanned last night.' And I'd be like, 'Shit, where is it?' So I dunno, it felt weird [00:33:00] having it on there. And it kind of just triggered me about being engaged. Because I had something on that finger And I was like, 'Uh it feels really alien'. It was weird, but then at the same time it was kinda nice. Like I kind of enjoyed pretending that I was married.

[00:33:16] **Samantha Baines:** No. I feel like that. I remember when I first got engaged and I was so obsessed with like, having something on that finger. Cause I'd never had something on that finger before. And I used to look at other people's fingers on the tube and be like, 'Snap!'. Like in my head.

[00:33:29] **Amy Christophers:** It's like in Bridesmaids, when she comes in to like, say like, 'Hello, would you like an apple?' And you just find yourself

picking up loads of things like really weirdly and you're like, 'Oh, my ring hello!'

[00:33:43] **Samantha Baines:** Now you've come out the other end, What's it like? What's it like dating now? I mean, you said you downloaded hinge and then deleted it straight away, but is it weird because obviously you used to be a model so [00:34:00] people can find out lots of information about you and see you you're, you know, going through a relationship on TV and all of that. Do you feel quite protective of, of that, or you sort of not bothered that they can see it?

[00:34:15] **Amy Christophers:** I mean, there's that much of me out there Sam, , but like I can't be precious about it , do you know what I mean? I tried to get some stuff taken off the internet, it just comes back up, so I think that's just me you know, it's all out there really isn't it? And that's what it's scary. Cause it's like, I want someone to get to know me for me. And that's part of the reason that I wanted to go on the show as well. It's because they wouldn't have had a clue who I was because going on dating apps and all of that, either they recognise me from the sports stuff or they recognise me from the modeling days and whatever. And if they might recognise me from the modeling days, they get blocked

[00:34:49] **Samantha Baines:** I would say, how do you look back on your modeling days if you block people that recognise you from that? Because you were, you did appear on page three. If people don't know you as a model,

[00:34:59] **Amy Christophers:** Oh, it [00:35:00] depends what they recognise me from really. Because I did do like daytime Babestation as well. So like, I dunno, I can just tell a Babestation fan. They normally have one eye. No teeth. I'm joking! Well I don't know yeah. There is a certain type and you can spot them a mile away

[00:35:22] **Samantha Baines:** And it's me no I'm joking!

[00:35:24] **Amy Christophers:** Oh, I recognize that voice anywhere, yeah I don't know but now obviously I've added layers to it now. And they are like, 'Oh are you that girl that got married?' And I'm like, 'Yeah but don't judge me'. And they are like, ' Oh but I'm going to watch it now.'. And I'm like, 'Why? No, like get to know me. Before you watch that like and have prejudged preconceptions and stuff'

[00:35:48] **Samantha Baines:** I think divorced people feel like that as well though. People are like, 'Did you get married?' And I'm like, 'Yeah, but don't judge me! Still get to know me!' Just, just to round off looking to the [00:36:00] future, how do you feel about love and marriage?

[00:36:04] **Amy Christophers:** I definitely feel like is out there for me, but I've uh, and this is how I always picture it, it's going to be a whirlwind. Someone's just going to come into my life, chuck it upside down and hopefully me too and then it's just going to be it like, 'Yeah, you're mine. I want you for the rest of my life. Let's do this'.

[00:36:22] **Samantha Baines:** Well, thank you so much. It's been a joy to talk to you and I'm sorry, you went through a difficult time, but we love you. And I hope there's and I'm sure there is love out there for you.

[00:36:35] **Amy Christophers:** Oh thank you!